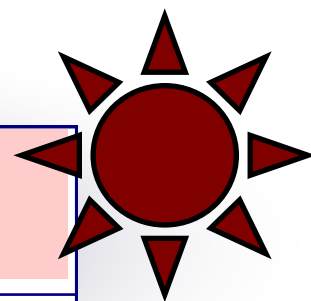




April 15, 2017

Kinship Connection

Spring: At Last !!!



“Being Grateful”

Being thankful can have long term effects on children and their level of happiness, friendships, grades and growing into healthy adults. We often think that spoiling the grandkids goes along with being a grandparent. One of the most precious things we can share with the children is being grateful. It has been shown that the practice of gratitude results in closer and stronger relationships with family and peers, higher GPA's, and satisfied lives that are strong emotionally. It's never too late to learn to be grateful.

Fast paced lives and the “I-want-it-now” attitude of the world stands in the way. Jeffrey Froh (professor of psychology) says, “**One of the best ways to become more grateful is to slow down—immediacy and gratitude do not go together.**” Slowing down gives you the opportunity to enjoy and appreciate things like time with the family.

Here are some suggestions to help with your children:

Set Limits: Distinguish between wants and needs. Experiences are important like going to a movie or on a family trip—they can enjoy the time at the moment and it will give them happiness both long and short term. It is something they will have for the rest of their lives.

Continued on page 2

Need Help or a Listening Ear ???

Contact me at :

1-800-873-5889 or 1-509-684-3932

Art Mathew, Kinship Navigator

Grandparent's Support Group

Wednesdays @ 1:00 pm

Early Learning Center

East 1406 D Street

Deer Park, WA 99006

Contact: Cindy Ashworth

1-509-464-5680

Our Kinship Navigator Program

Can help with:

Legal Issues

State & Federal Aid

Housing

Child Care

Respite

Health Services

Emergencies

Counseling

Summer Activities

Special points of interest:

- *Being Grateful*
- *Pizza Pigs in a Blanket*
- *Child Abuse Awareness Month*
- *Upcoming Workshops*



“Being Grateful” continued from page 1

Model being Grateful: Showing kids what being grateful looks like may seem obvious, but can be overlooked easily. Include them in thanking family or friends for doing something nice. If you write a thank you note, share it with the children or better yet - let them help you write it. A couple things to think about with the children.

Show them:

Intent: Explain to the children if someone goes out of their way to help with a project. That they made a choice to help.

Cost: Explain that maybe it cost that person money or time (maybe that they had something else planned and gave it up to help).

Benefit: What was the benefit of this—perhaps because someone helped --it saved you time or money—maybe it gave you emotional support to see it through.

Point out things in your children’s lives that they should be grateful—don’t forget that often strangers show kindness as well.

Volunteer: Being involved in community service allows children to see people less fortunate and gives them a new perspective on life. It gives them the opportunity to help others, and a way to develop and strengthen relationships. They see the choices it takes to be generous and appreciate others.

Ask Kids what they are grateful for: Talking creates understanding. Maybe at bedtime you could ask them for a couple things they are grateful for or pray about those people. Also you might want to give them a notebook to use a journal to write down people, things, and places for which they are grateful.

“The best preparation for tomorrow is doing your best today.”

-H. Jackson Brown, Jr.

Backpacks
Available



Images from “Dreamstime” Sunflower 16728455, Smiling Woman 43514643, Grandpa 84927763, Pig in Blanket 88099142, Happy 38206615, Children 841710

Healthy at Home



Workshops Available:

Chronic Disease Self Management
Diabetes Self Management
Chronic Pain Self Management
Powerful Tools for Caregivers
A Matter of Balance

Waffle:

'The Wonder Dog'

Victim Services'

<https://www.facebook.com/RuralVictimHelp>

These are six week workshops (A Matter of Balance meets for 8 weeks) that meet once a week. They are designed to help those with chronic conditions to live healthier and fuller lives. And to help provide tools for those who are caregivers for family or friends.

For further information on registering, times and places, contact:

Rural Resources:

509-684-3932 or 1-800-873-5889

Upcoming Workshops:

Stevens County: Chronic Disease Self Management &
A Matter of Balance—May 2nd

Pend Oreille County: Diabetes Self Management &
A Matter of Balance-May 4th

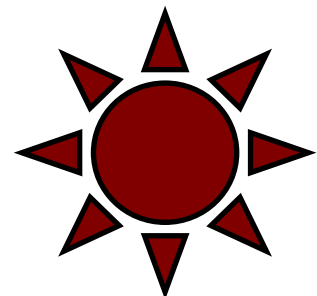
Ferry County: A Matter of Balance &
Powerful Tools for Caregivers-May 16th

Also:

Joe Loiacono will present an Education
Program on Alzheimer's & Dementia
May 18th in Republic



Call Art for Details: 1-800-873-5889 or 1-509-684-3932



Interested in Starting a Support Group for Kinship Caregivers ???

Contact Kinship Navigator: Art Mathew



Who is a Kinship Caregiver?

A Kinship Caregiver is an ordinary person who is a hero. A Kinship caregiver is raising a child who is not their own, a grandchild, a niece or nephew or even a brother or sister.

A Kinship
Caregiver is **YOU !!!**

Pizza Pigs in Blankets

- 12 small Italian sausage links (about 3 inches each)**
- 3 tablespoons extra-virgin olive oil**
- 2 teaspoons chopped fresh rosemary**
- 1/2 teaspoon dried oregano**
- 1/2 pound refrigerated pizza dough, at room temperature**
- 3/4 cup shredded low-moisture mozzarella cheese**
- 2 tablespoons grated parmesan cheese**
- Warmed marinara sauce, for dipping**



1. Preheat oven to 375 degrees. Toss sausages with 1 tablespoon olive oil on a baking sheet and bake, turn sausage halfway through, until golden brown and fully cooked, about 35 minutes.
 2. Line another baking sheet with parchment paper or foil. Combine remaining 2 tablespoons olive oil, rosemary, and oregano in a small bowl; set aside. Roll out pizza dough into 6 by 12 inch rectangle, then cut dough crosswise into twelve 1-inch-wide strips.
 3. Wrap strip of dough around each sausage set on prepared baking sheet with ends of dough on the bottom. Brush with the herb oil and sprinkle with mozzarella and parmesan. Bake until dough is golden brown, 12 to 15 minutes. Serve with marinara sauce.
- “Food Network Magazine”



Have
Questions about
Basic Food?

Call:
Leigh Ann

1-800-776-3857

Or
509-684-5645

What
Can I
buy?



No Bake Rocky Road Cookies

2 cups sugar
1/2 cup cocoa
1/2 cup melted butter
1/2 cup milk
3 tablespoons crunchy peanut butter
1 teaspoon vanilla
3 cups quick-cooking oats
2 cups miniature marshmallows

Directions:

1. Combine sugar, cocoa, butter, and milk in large pan and boil for 3 minutes stirring constantly.
2. Remove from heat. Stir in peanut butter, vanilla, and oats.
3. Gently fold in marshmallows.
4. Either spread in buttered pan or drop onto wax paper or pan sprayed with non-stick spray.
5. Refrigerate until firm.

www.food.com

- ♦ You may pick up a game at the Colville Office for \$12.95: 956 S Main, Colville, WA 99114; Mon—Fri, 8 am to 4:30 pm
- ♦ Order Online at www.ruralresources.org/donate; \$15.95—which includes shipping
- ♦ Call the office: 509-684-3796



“A baby is God’s opinion that the world should go on”

-Carl Sandburg



April is Child Abuse Awareness Month. The pinwheel is a symbol of hope this month. If you’d like to display a Pinwheel for Prevention, stop by the Victim Services office to pick up one. They are located in Rural Resources at 956 S. Main in Colville.

If you suspect child abuse or neglect, please report to 1-866-ENDHARM. Together, prevention is possible.